



Bite Size: Meeting the Child and Adult Care Food Program (CACFP) Meal Patterns for Children

Resources for Module 4: Meat/Meat Alternates Component

This document contains the resources highlighted in the Connecticut State Department of Education's (CSDE) Bite Size Module 4.

Bite Size: Meeting the CACFP Meal Patterns for Children (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Child-Care-Programs/Related-Resources#BiteSize>

CACFP Best Practices (USDA):

https://fns-prod.azureedge.net/sites/default/files/cacfp/CACFP_factBP.pdf

Calculating Sugar Limits for Yogurt in the CACFP – Handouts in English and Spanish (USDA):

<https://www.fns.usda.gov/tn/calculating-sugar-limits-yogurt-cacfp>

Choking Prevention (CSDE's Food Safety for Child Nutrition Programs webpage):

<https://portal.ct.gov/SDE/Nutrition/Food-Safety-for-Child-Nutrition-Programs/Documents#ChokingPrevention>

Choose Yogurts that are Lower in Sugar – Handouts, training slides, and webinars in English and Spanish (USDA):

<https://www.fns.usda.gov/tn/choose-yogurts-are-lower-sugar>

Crediting Commercial Meat/Meat Alternate Products in the CACFP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/CreditMMACACFP.pdf>

Crediting Deli Meats in the CACFP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/CreditDeliCACFP.pdf>

Crediting Legumes in the CACFP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/CreditDeliCACFP.pdf>

Crediting Nuts and Seeds in the CACFP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/CreditNutsCACFP.pdf>

Crediting Summary Charts for the CACFP Meal Patterns for Children (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Crediting_Summary_Charts_CACFP.pdf

Crediting Tofu and Tofu Products in the CACFP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/CreditTofuCACFP.pdf>

Crediting Yogurt in the CACFP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/CreditYogurtCACFP.pdf>

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Food Buying Guide for Child Nutrition Programs (USDA):

<https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs>

Grab and Go Lesson: Defining Tofu and How It Credits in the CACFP (Institute of Child Nutrition):

<https://theicn.org/resources/1538/nutrition-and-meal-management/120776/benefits-for-using-standardized-recipes-in-the-cacfp.pdf>

Meat/Meat Alternates Component for CACFP Child Care Programs (Documents/Forms section of the CSDE's Crediting Foods in CACFP Child Care Programs webpage):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Child-Care-Programs/Documents#MMA>

Serving Meat and Meat Alternates at Breakfast – Handouts, training slides, and webinars in English and Spanish (USDA):

<https://www.fns.usda.gov/tn/serving-meats-and-meat-alternates-breakfast>

Serving Meats and Meat Alternates at Lunch and Supper in the USDA CACFP – Handouts in English and Spanish (USDA):

<https://www.fns.usda.gov/tn/serving-meats-meat-alternates-lunch-supper-cacfp>

USDA Memo COVID-19: Child Nutrition Response #91: Nationwide Waiver to Allow Specific Meal Pattern Flexibility in the CACFP for School Year 2021-2022:

<https://www.fns.usda.gov/cn/child-nutrition-response-91>

USDA Memo SP 21-2019, CACFP 08-2019 and SFSP 07-2019: Crediting Shelf-Stable, Dried and Semi-Dried Meat, Poultry, and Seafood Products in the Child Nutrition Programs:

<https://www.fns.usda.gov/crediting-shelf-stable-dried-and-semi-dried-meat-poultry-and-seafood-products-child-nutrition>

USDA Memo SP 24-2019, CACFP 11-2019 and SFSP 10-2019: Crediting Surimi Seafood in the Child Nutrition Programs:

<https://www.fns.usda.gov/cn/crediting-surimi-seafood-child-nutrition-programs>

USDA Memo SP 25-2019, CACFP 12-2019 and SFSP 11-2019: Crediting Tempeh in the Child Nutrition Programs:

<https://www.fns.usda.gov/cn/crediting-tempeh-child-nutrition-programs>

Using Product Formulation Statements in the CACFP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/PFScacfp.pdf>

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Webinar: Additional Meat/Meat Alternates Options for CNPs: Crediting Tempeh and Surimi (USDA):

<https://www.fns.usda.gov/tn/additional-meat-meat-alternate-tempeh-and-surimi>

Webinar: Moving Forward: Update on Food Crediting in Child Nutrition Programs with Guidance for Dried Meat Products (USDA):

<https://www.fns.usda.gov/tn/moving-forward-update-food-crediting-dried-meat-products>

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The CSDE's Bite Size is a series of recorded training modules that provide information on the meal pattern components and crediting requirements of the USDA's CACFP meal patterns for children. To access the Bite Size training modules and resources, visit the [Bite Size](#) section of the CSDE's Meal Patterns for CACFP Child Care Programs webpage.

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